

**CLAIMS**

Claims 1-25 (Cancelled)

26. (Currently Amended) An article according to claim 24, A resistance exercise clothing article comprised of clothing material including one or more portions to be worn over one or more joints of a wearer and, incorporated onto or into the portion or each of said portions, a plurality of elongate resilient pieces which extend through the portion or each of said portions, and each of which, when not under external stress, has a particular shape and, when the article is not being worn, maintains substantially that shape against the weight of the clothing material, and which are arranged parallel to and co-extensively with each other within the article so that, when the article is received over the joint(s) of the body, the plurality or each plurality of elongate resilient pieces extends over the joint(s) and, when the joint(s) bend(s), the clothing material tends to maintain the parallel positioning of the elongate resilient pieces and the elongate resilient pieces bend to provide most of exercise resistance rather than stretch longitudinally to provide most of exercise resistance, wherein each elongate resilient piece takes the form of a strip of elastomeric material bonded to the clothing material by a bonding agent.

27. (Currently Amended) An article according to claim 26, wherein each strip is of circular segmental cross-section to provide a flat face giving a relatively significant area for the bonding.

28. (Cancelled)

29. (Cancelled)

30. (Currently Amended) An article according to claim 29, A resistance exercise clothing article comprised of clothing material including one or more portions to be worn over one or more joints of a wearer and, incorporated onto or into the portion or each of said portions, a plurality of elongate resilient pieces which extend through the portion or each of said portions, and each of which, when not under external stress, has a particular shape and, when the article is not being worn, maintains substantially that shape against the weight of the clothing material, and which are arranged parallel to and co-extensively with each other within the article so that, when the article is received over the joint(s) of the body, the plurality or each plurality of elongate resilient pieces extends over the joint(s) and, when the joint(s) bend(s), the clothing material tends to maintain the parallel positioning of the elongate resilient pieces and the elongate resilient pieces bend to provide most of exercise resistance rather than stretch longitudinally to provide most of exercise resistance, wherein each elongate resilient piece is a helical extension spring having its longitudinal axis extending along said piece.

31. (Currently Amended) An article according to claim 29, A resistance exercise clothing article comprised of clothing material including one or more portions to be worn over one or more joints of a wearer and, incorporated onto or into the portion or each of said portions, a plurality of elongate resilient pieces which extend through the portion or

each of said portions, and each of which, when not under external stress, has a particular shape and, when the article is not being worn, maintains substantially that shape against the weight of the clothing material, and which are arranged parallel to and co-extensively with each other within the article so that, when the article is received over the joint(s) of the body, the plurality or each plurality of elongate resilient pieces extends over the joint(s) and, when the joint(s) bend(s), the clothing material tends to maintain the parallel positioning of the elongate resilient pieces and the elongate resilient pieces bend to provide most of exercise resistance rather than stretch longitudinally to provide most of exercise resistance, wherein each elongate resilient piece is an elastomeric rod of substantially essentially circular cross-section.

Claims 32-34 (Cancelled)

35. (Currently Amended) A resistance exercise clothing article comprised of clothing material including one or more portions to be worn over one or more joints of a wearer and, incorporated onto or into said portion(s), one or more elongate resilient pieces which extend(s) through said portion(s), each of which, when not under external stress, has a particular shape and, when the article is not being worn, maintains substantially that shape against the weight of the clothing material, and each elongate resilient piece taking the form of any one of the group consisting of:

- i. a strip of elastomeric material bonded to the clothing material and of circular segmental cross-section to provide a flat face giving a relatively

significant area for bonding by a bonding agent,

ii. — a strip of elastomeric material formed integrally with said clothing material;

iii. ii. a helical extension spring having its longitudinal axis extending along said piece, and

iv. iii. an elastomeric rod of substantially essentially circular cross-section.

36. (Currently Amended) An article according to claim 35, wherein the or each elongate resilient piece is one of said helical extension spring and said elastomeric rod and is encapsulated in a pocket at said clothing material.